

## Creamed Turkey or Chicken<sup>10</sup>

Number of Servings: 10 (259.12 g per serving)

Amount	Measure	Ingredient
6 1/2	cup	Milk, 1%, w/add vit A & D
3/4	cup	Flour, all purpose, white, bleached, enrich
3.00	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
1.00	tsp	Salt, table, iodized
1/2	cup	Onion, green, chpd, fresh FDA
1/4	cup	Pimentos, cnd
27.00	oz	Turkey, avg, dark meat, w/o skin, rstd

### Nutrients per serving

Nutrition Facts	
Serving Size (259g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
<b>Saturated Fat 3.5g</b>	<b>18%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 8g</b>	
<b>Protein 28g</b>	
<b>Vitamin A 10%</b>	<b>Vitamin C 8%</b>
<b>Calcium 20%</b>	<b>Iron 15%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Each ~2oz = 1 serving = 4 grams carbohydrate (0 Carb serving)

For variation: Parsley, dried parsley or chives may be added for color and appeal, especially when used for potatoes.

### Notes

\* Cook fresh chicken or turkey without salt, cool and dice or purchase unseasoned, diced poultry. 1# diced turkey or chicken = ~3 cups (1/2 c = ~2.7 oz)

\* If green onions not available, white or yellow onions may be used. Or, 1/2 the measure of chopped, dehydrated onions may be used.

Potentially Hazardous Food. Food Safety Standard: Hold food for service at 140 degrees F or above.

Melt margarine, remove from heat. Add flour and salt. Stir until smooth with wire whip by adding a little of the milk to make a thin paste. Bring to a simmer and cook 2 minutes, stirring constantly.

Heat the rest of the milk in the microwave or a double boiler.

Add hot milk to cooked mixture with a wire whip. Cook and stir as necessary until smooth, simmering and thick.

Add onions, pimentos (diced, drained) and turkey and heat to 180 degrees F and serve.

1 serving = 3/4 c = 6 oz ladle

1 serving = 16 grams carbohydrate = 1 Carb Serv